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**21 day keto paleo pcos**  
Keep reading to learn how at age 21, she's regained control and He dedicated himself to a 67-day Paleo and ketogenic diet focused around meat, fish, lots of vegetables, and low-sugar fruits  
**from size 26 to 6, tess lost 200 pounds and still ate 6 times a day**

View this post on Instagram A post shared by Shannon Little Johnson (@a.little.less.shannon) @a.little.less.shannon is down 107 pounds naturally by following a "lazy" keto diet. This content is